

Grief - Grief

GRIEF-C COMPLICATIONS

OUTCOME: The patient/family will understand the complications of unresolved grief.

STANDARDS:

1. Explain that grief becomes complicated when it is masked by significant physical/behavioral symptoms, when it is exaggerated, ignored, or if grief from previous losses resurface.
2. Explain that complications of grief may include depressed or anxious mood, disturbed emotions and behavior, major depression, substance abuse, and posttraumatic stress disorder.
3. Emphasize that professional assistance may be needed to obtain full recovery from these complications. Encourage patients who suspect they have complications of grief to seek professional assistance/grief counseling.
4. Discuss that unresolved grief or survivor guilt may result in suicidal ideation and this should prompt immediate professional help.

GRIEF-CUL CULTURAL/SPIRITUAL ASPECTS

OUTCOME: The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on the grief process.

STANDARDS:

1. Explain that the grieving process may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in dealing with grief, e.g. death and burial customs, prayer, faith.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on dealing with grief.
5. Refer to clergy services, traditional healers, or other culturally appropriate resources.

GRIEF-DP DISEASE PROCESS

OUTCOME: The patient/family will understand what grief is and the process of healing.

STANDARDS:

1. Explain that grief is the reaction to a loss of something significant. Explain that grief may be experienced in response to physical losses, such as a death or home, or to symbolic or social losses such as the result of a divorce or loss of a job.
2. Explain that grief is a process to work through that takes time. Explain that grief has no timetable and emotions may arise for weeks, months, and even years. Explain that grief is difficult and painful and most individuals learn how to cope with the loss in time.
3. Explain that grief is a natural process and that individuals may react differently depending on the individual's personality, relationship to the loss, cultural and spiritual background, coping skills, mental history, and the support system.
4. Explain that anticipatory grief may also occur.

GRIEF-FU FOLLOW-UP

OUTCOME: The patient and/or family will understand the importance of follow-up in the treatment of grief.

STANDARDS:

1. Discuss the importance of routine follow-up by the primary provider, social services, or mental health services as appropriate.
2. Assess the need for any additional follow-up and make the necessary referrals.

GRIEF-L LITERATURE

OUTCOME: The patient/family will receive literature about grief.

STANDARDS:

1. Provide the parent(s) and family with literature on grief.
2. Discuss the content of the literature.

GRIEF-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand lifestyle adaptations that may assist in the grieving process.

STANDARDS:

1. Discuss some activities that facilitate grieving: (as culturally or individually appropriate)
 - a. Have a good cry.
 - b. Talk about the loss with reliable, compassionate friends.
 - c. Pray or meditate.
 - d. Forgive self/others for associated emotions such as anger, guilt, or embarrassment.
 - e. Have faith in the ability to heal.
 - f. Look for and focus on the positive and new opportunities.
 - g. Eat appropriately.
 - h. Exercise appropriately to sustain fitness and to clear the mind.
 - i. Participate in activities that are fun and distracting.
 - j. Arrange to be with friends during holidays or special events that are reminiscent of the loss.
 - k. Learn about grieving through informal support services, such as through a hospice.
 - l. Participate in a support group. (Support groups are available for parents who have lost a child, victims of drunk drivers, etc.)
 - m. Participate in counseling and support services, as appropriate.

GRIEF-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

GRIEF-PSY PSYCHOTHERAPY

OUTCOME: The patient/family will understand the need for and the goals of grief therapy.

STANDARDS:

1. Explain that grief therapy is sometimes indicated when individuals have complicated grief reactions.
2. Explain that the goal of grief therapy is to identify and resolve the conflicts of separation that interfere with the ability to mourn the loss.
3. Discuss that the objectives of grief counseling:
 - a. Understanding the natural process of grief.
 - b. Accepting and adjusting to the reality of the loss.
 - c. Receiving affirmation for the “normalcy” of feelings.
 - d. Providing information about the grief process and common grief responses.
 - e. Understanding common obstacles and how to deal with them.
 - f. Identifying and utilizing effective coping strategies.